

We don't ...

- ◆ Provide support for people in crisis.
- ◆ Provide care / support to individuals on a daily basis.
- ◆ Act as a service to monitor people's health and wellbeing in the absence of other services.
- ◆ Offer a befriending service.
- ◆ Provide any medical interventions or therapies.
- ◆ Duplicate service provision or provide support which could be delivered by another service.
- ◆ Provide a service to people under 18.
- ◆ Judge or take sides.

We will only accept referrals if the individual has the interest and desire to take part.

Referral can be made by individuals on the advice of a professional who has been working with them or by contacting us and referring themselves.

If you would like this leaflet in another format please contact us.

Compass Disability Services
working in partnership with
Mind Taunton & West Somerset,
Mind South Somerset
Chard Watch CIC.

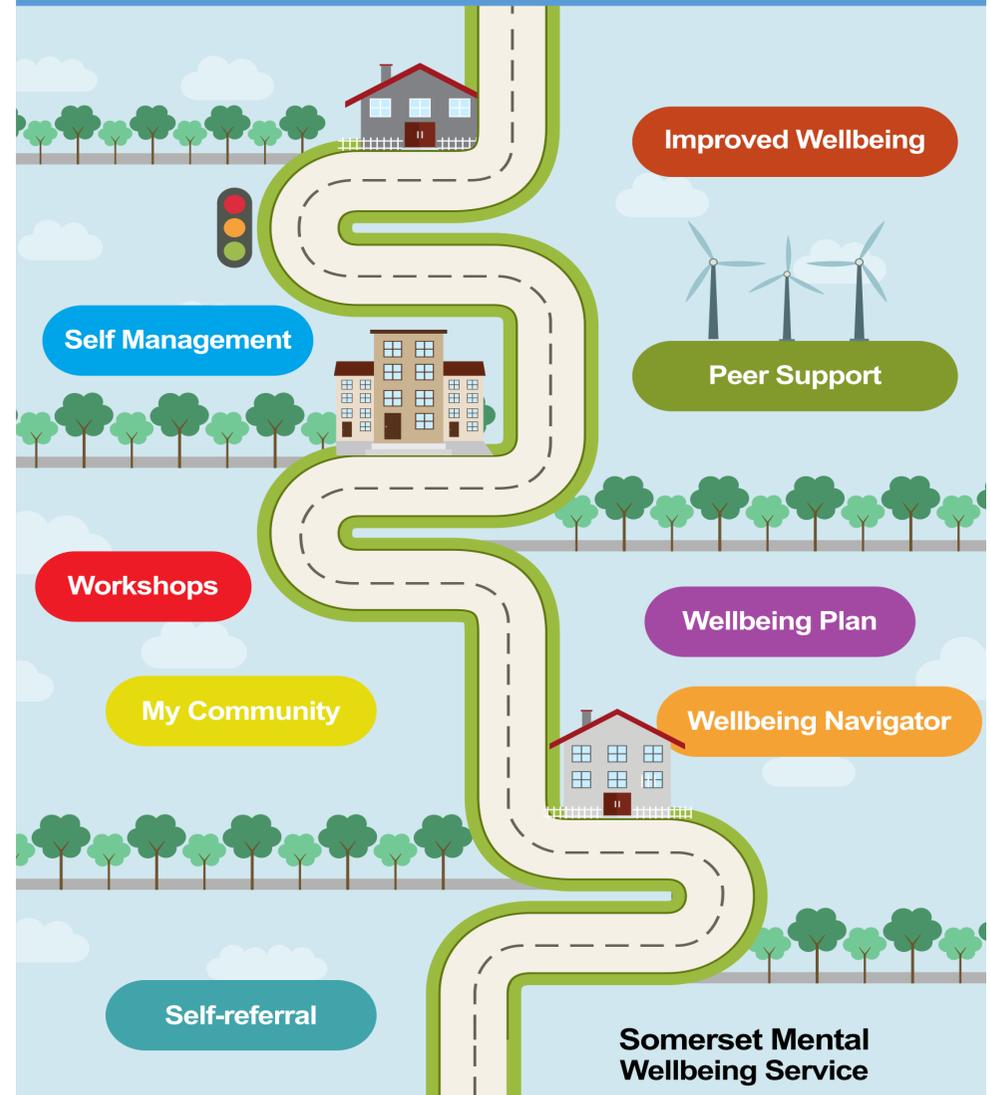
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Compass Disability Services is a Registered Charity
No 1099376 and Registered Company No 4245798



Somerset Mental Wellbeing Service

WELLBEING ROADMAP



“Supporting people across Somerset to improve and maintain their mental wellbeing through access to community resources and opportunities.

The service is available to those who wish to improve their mental wellbeing to reduce the impact on their lives with meaningful support.”

We work with people to maintain and/or improve their mental wellbeing by accessing wider community resources, building networks and increasing independence.

Wellbeing Navigators will work with you to identify, create and develop a personalised plan.

The plan will be about:

- ◇ Identifying what you want to achieve
- ◇ What you will do to achieve this
- ◇ What support you need to achieve this
- ◇ What you need to do to stay well
- ◇ What to do if something goes wrong
- ◇ Working with you in a way that puts you in control and is about how you self-manage your wellbeing.

Peer support and self-management – structured workshops and informal groups.

We will work with you for a time limited period to achieve your personal outcomes and during this period enable you to develop the skills, strategies and networks to move on from the service.

Be active

Go for a walk or run, step outside, cycle, play a game, garden or dance. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

Connect

Connecting with the people around you, at home, work, or in your local community. Building these connections will support and enrich you every day.

Keep learning

Try something new, rediscover an old interest, sign up for that course, take on a different responsibility at work, fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

Give

Do something nice for a friend, or a stranger. Smile, volunteer your time, join a community group. Look out as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

Take notice

Be curious, catch sight of the beautiful, savour the moment, whether you are walking to work, eating lunch or talking to friends. Reflecting on your experiences will help you appreciate what matters to you.

Do you want to know more?

Somerset Mental Wellbeing Service

Call 01823 255917 or Email info@smws.org.uk